

F as in Fat: How Obesity Threatens America's Future



Jeffrey Levi, PhD

Executive Director

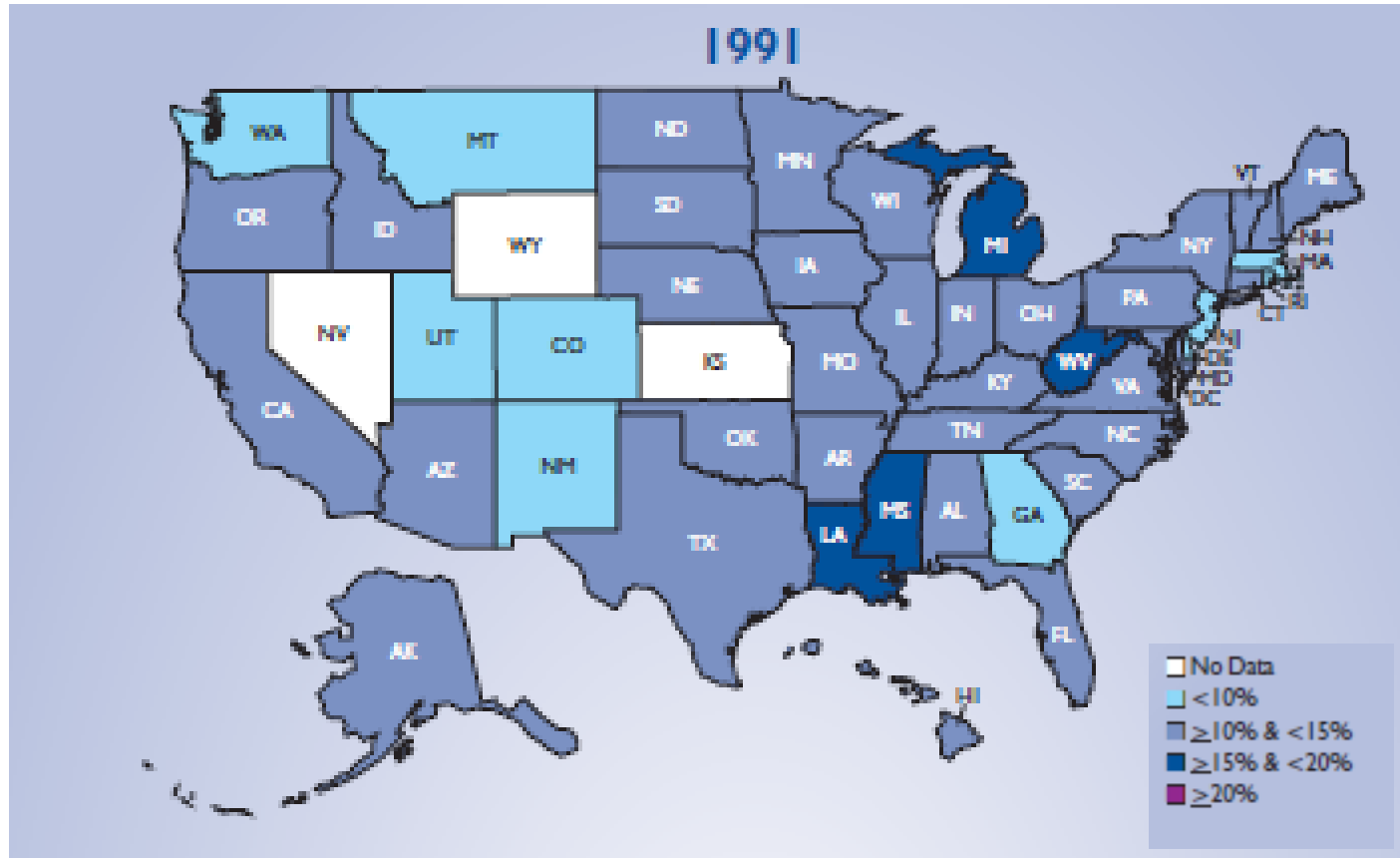
Congressional Briefing

September 24, 2012

Overview

- ❑ Obesity remains a public health epidemic.
- ❑ Obesity, related disease rates, and related health care costs could dramatically rise in all 50 states in the next 20 years.
- ❑ The data show us two future Americas – one where we do nothing and one where we take decisive action and investment to stem the tide.
- ❑ However, public and private efforts are working to address obesity.

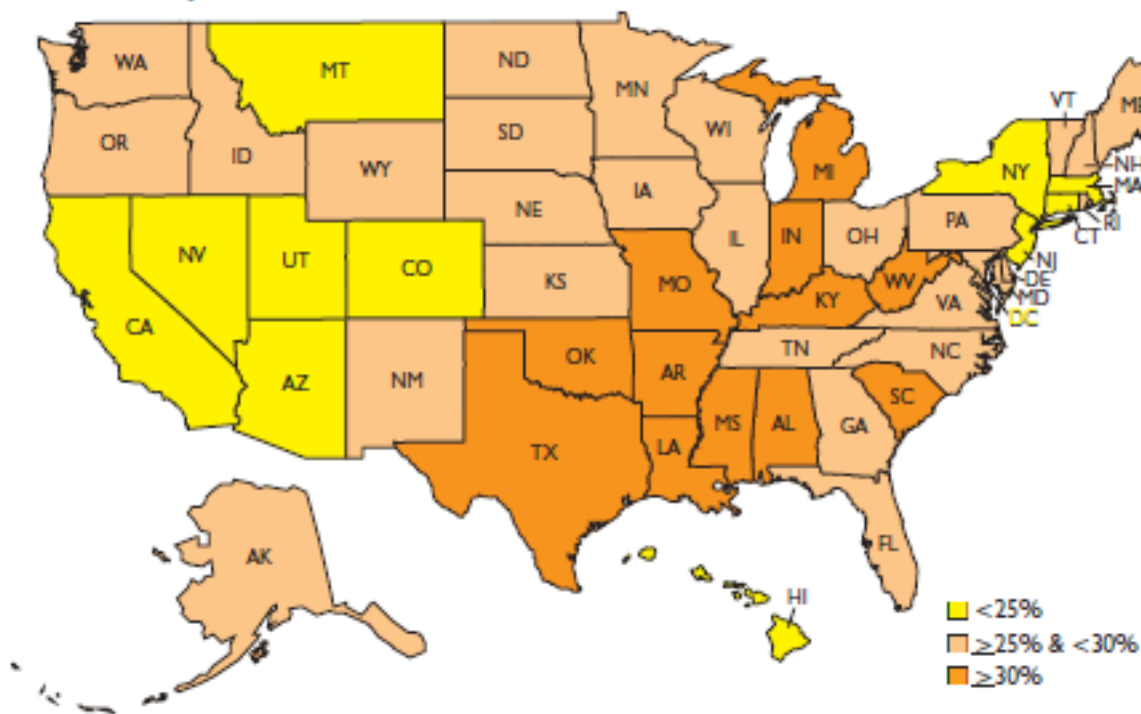
Just Twenty Years Ago



Adult Obesity Continues to Rise

- Today no state is below 20 percent adult obesity

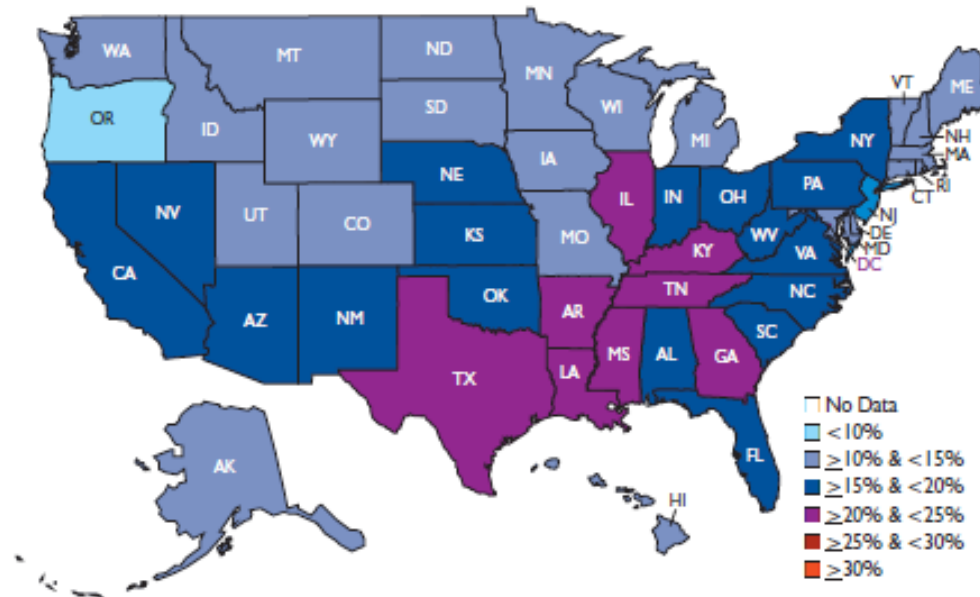
2011 Obesity Rates



Obesity Threatens Our Youth

- An estimated 12 million children are obese
 - An additional 11 million are overweight

OBESE 10- TO 17-YEAR-OLDS, 2007 NSCH



Source: National Survey on Children's Health, 2007.

Two Futures for America's Health

- Future #1. The status quo. We permit obesity levels to continue to rise on projected trajectories.

- Future #2. Decisive action. We take actionable steps to achieve modest reductions in obesity prevalence
 - Every state reduces the average body mass index (BMI) of residents by just 5 percent.

Future #1. The Status Quo.

- On current trajectories, by 2030:
 - 13 states could have adult obesity rates above 60 percent.
 - 39 states could have adult obesity rates above 50 percent.
 - **50 states could have adult obesity rates above 44 percent.**

Future #1. The Status Quo.

Related Disease	Projected Number of New U.S. Cases by 2030
Type 2 Diabetes	6,000,000 +
Coronary Heart Disease	5,000,000 +
Obesity-related cancers	400,000 +

Future #1. The Status Quo.

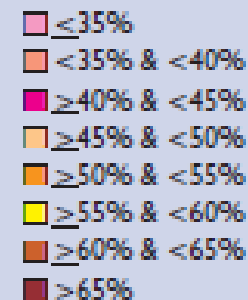
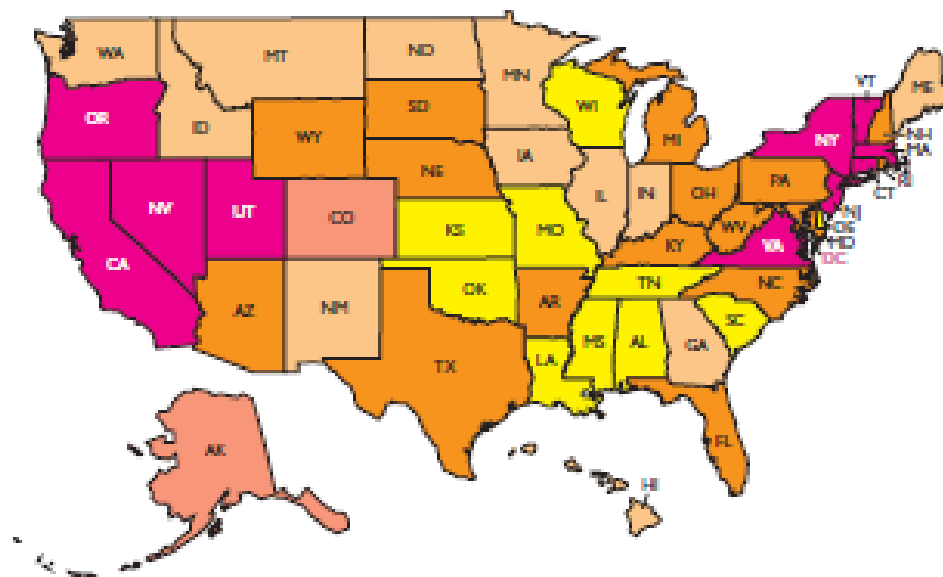
- Medical costs to treat obesity-related diseases projected to *increase* \$48-66 billion per year in 2030
- Additional annual loss in economic productivity of \$390-580 billion by 2030.

Future #2. Taking Action Today.

- If each state reduced average BMI by 5 percent by 2030
 - Millions of prevented obesity-related diseases including diabetes, CHD, hypertension, arthritis, and obesity-related cancers
 - Billions in federal, state, private, and family health care costs

Future #2. Taking Action.

2030: Adult
Obesity Rates if
Average BMI is
Reduced by
5 Percent



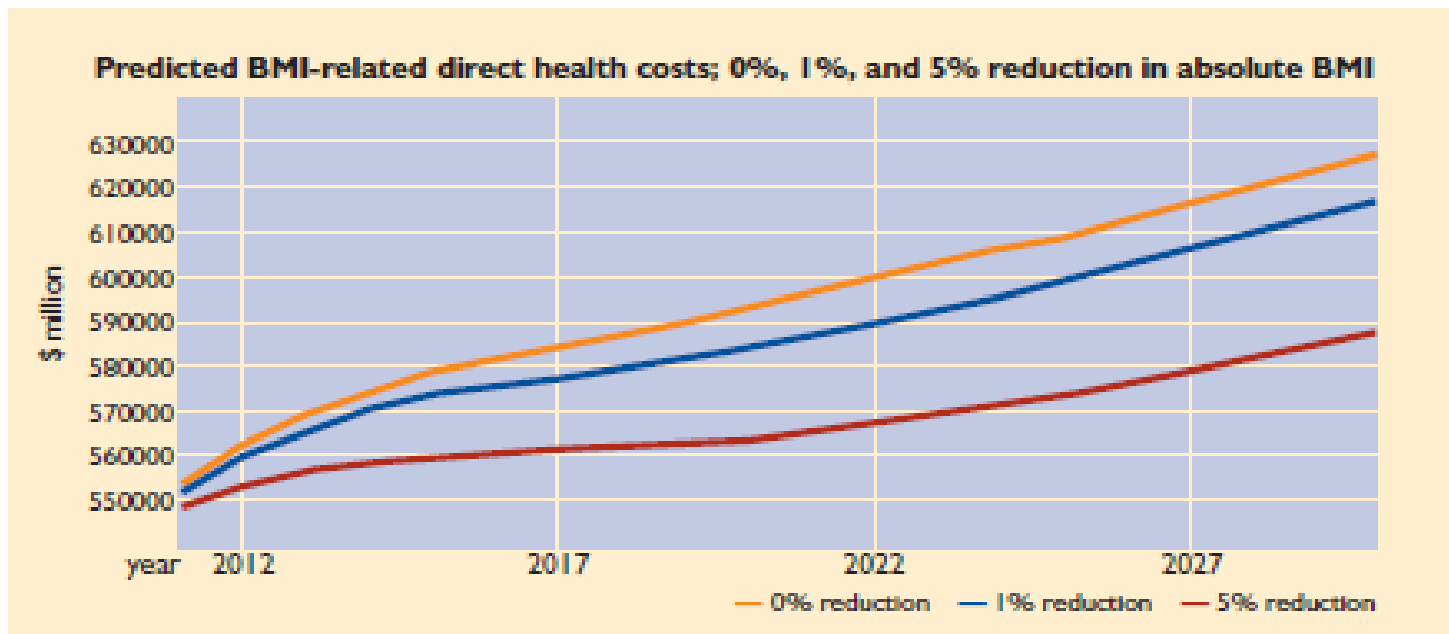
Future #2 Taking Action

Projected Obesity-Related Health Care Costs 2010 to 2030

Orange: If Obesity Continues to Rise on Its Current Trajectory

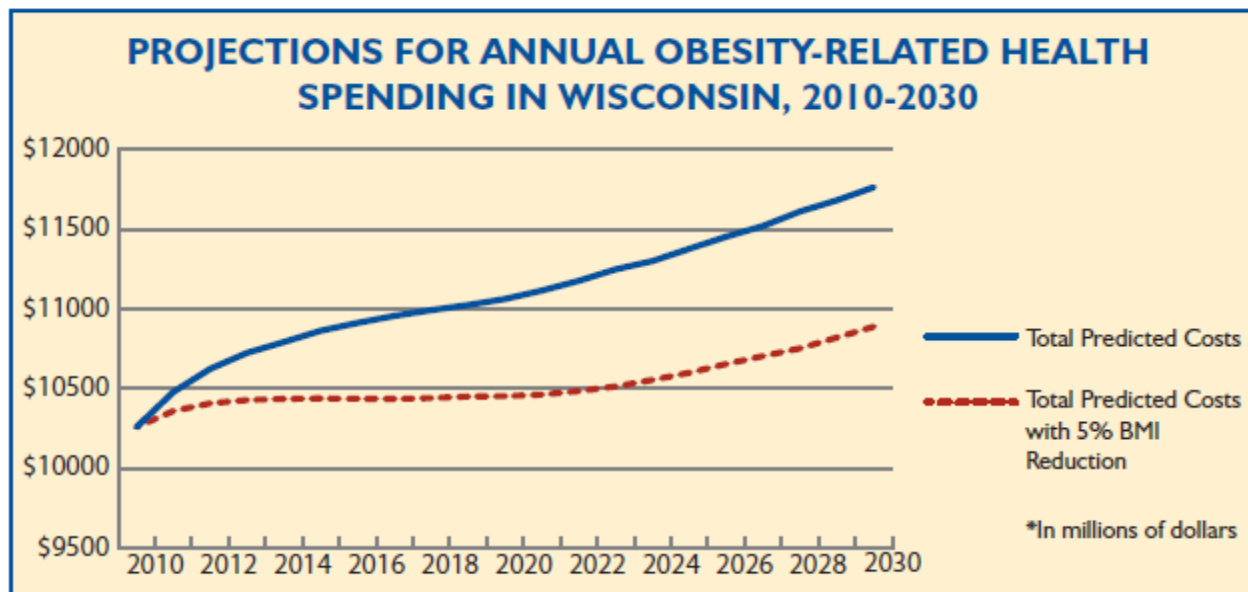
Blue: If BMI is Reduced by 1 Percent

Red: If BMI is Reduced by 5 Percent



Example: Wisconsin

Health Care Spending under Two Futures



Obesity-Related Health Care Costs in Wisconsin	
Potential Savings by 2020 if BMI is Reduced by 5% (cumulative)	Potential Savings by 2030 if BMI is Reduced by 5% (cumulative)
\$4,148,000,000	\$11,962,000,000

Example: Wisconsin

Obesity Prevalence under Two Futures

Adult Obesity Rates in Wisconsin			
Obesity Rate in 1995	Obesity Rate in 2011	Projected Obesity Rate in 2030 based on current trajectory*	Projected Obesity Rate in 2030 if BMI Decreased by 5%*
16.4%	27.7%	56.3%	49.4%

*All ages, all genders, adjusted for self-reporting bias.

Example: Wisconsin

Obesity Health and Cost Savings

Potential Health and Cost Savings by Top Obesity-Related Health Problems					
	2010 Number of Cases	Potential Cases Avoided by 2020 if BMI is Reduced by 5% (cumulative)*	Potential Cost Savings by 2020, if BMI is Reduced by 5% (cumulative)	Potential Cases Avoided by 2030 if BMI is Reduced by 5% (cumulative)	Potential Cost Savings by 2030, if BMI is Reduced by 5% (cumulative)
Type 2 Diabetes	470,136	74,310	\$1,442,000,000	147,935	\$4,733,000,000
Obesity-Related Cancers*	89,046	4,341	\$75,000,000	7,882	\$187,000,000
Coronary Heart Disease & Stroke	347,847	59,574	\$1,968,000,000	123,717	\$5,171,000,000
Hypertension	1,130,359	65,742	\$286,000,000	114,692	\$777,000,000
Arthritis	1,124,133	34,499	\$377,000,000	66,542	\$1,091,000,000

Removing Barriers to Healthy Choices

- ❑ Ready access to affordable healthy food
- ❑ Ready access to safe places to be physically active
- ❑ Integrating physical activity into school and work settings
- ❑ Improving food choices in schools and at work
- ❑ Access to health services that address obesity

Recommendations for Future #2

- ❑ Full implementation of Healthy, Hunger-Free Kids Act
- ❑ Protect Prevention and Public Health Fund
- ❑ Increase investments in CTG and other evidence-based obesity prevention programs
- ❑ Fully implement National Prevention Strategy
- ❑ Make physical education and activity a priority in schools
- ❑ And many more found in the full report.

Prevention and Public Health Fund



- **Prevention and Public Health Fund: now \$12.5 billion** over next 10 years (reaching full **\$2 billion** level in FY2022)
 - \$2.25 billion already allocated for FY10-12, \$1 billion annually for FY2013-2017.

Fund is Supporting a Variety of Prevention Approaches

- ❑ Diabetes Prevention Program
- ❑ Community Transformation Grants
- ❑ Core State Chronic Disease Capacity
- ❑ CDC state grants for Nutrition, Physical Activity, and Obesity

National Diabetes Prevention Program

- \$10 million in funding for 2012
 - \$20 million proposed for 2013 (Senate LHHS Mark)
- Enabling communities to offer evidence-based prevention programs for pre-diabetes population
- Based on NIH/CDC study of those enrolled in similar program
 - Reduced risk of developing type 2 diabetes by 58 percent

1 in 3 Americans are reached by Community Transformation Grants (CTGs)

\$900 million over 5 years

- Building capacity to implement evidence- and practice-based policy, environmental, programmatic, and infrastructure changes to prevent chronic disease
- Supporting implementation of interventions across five broad areas:
 - Tobacco-Free Living
 - Active Living and Healthy Eating
 - Community-Clinical and Other Preventive Services
 - Social and Emotional Wellness
 - Healthy and Safe Physical Environment

113th Congress and New Opportunities

- Elementary and Secondary Education Act
 - Promoting nutrition and physical activity in schools.
- Farm Bill
 - Maximizing availability, accessibility, and affordability of healthy foods.

For Further Information

- Please visit our health reform website at:
<http://healthyamericans.org/health-reform/>
- The full text of *F as in Fat: How Obesity Threatens America's Future 2012* is available at:
<http://healthyamericans.org/reports/100/>
- Feel free to contact Jeff Levi, Executive Director, at jlevi@tfah.org if you have any further questions